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Katherine's cause

Benefit to aid local mom with rare cancer
 Page 9



Roselawn renos
 \$65,000 request takes the stage
 Page 15

Poppy love
 Volunteers needed for annual campaign
 Page 2

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IMPORT NEWS

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food drive

COLLECTION THIS SATURDAY

Hundreds of volunteers will make their way through the city on Saturday for the 17th annual Lions Food Drive.
 Homeowners are asked to leave food donations on their front porches or near their front doors the night before or before 9 a.m. on Saturday. Non-perishable food needed includes canned meat and fish, peanut butter, jam, coffee and tea, canned tomatoes, canned stew, rice, cereal, soup, kraft dinner, toiletries and canned goods for the Inter-Church Food Bank.

—InPort News Staff

LOOKING BACK: The Second World War through the eyes of a Polish soldier

One man's journey, a generation's tale



George Duma
 BY GEORGE

A little more than 70 years ago, Tadek (Ted) Majkut was a young man of 23 living through the invasion of his native Poland by Adolf Hitler's Nazi troops.

It was the first week of September 1939, when German tanks rolled onto Polish soil. It would mark the beginning of the Second World War.

In February 1939, Tadek had joined the Polish Regular Army in the artillery division. Days before the Nazis invaded on that fateful September day, he and his regiment were sent to Gdansk to try to hold back the Germans.

"We were near Gdansk," the 93-year-old Tadek recalls in his room at Rapelle Lodge. "We were on horses and the Germans

chased us to Warsaw."

But that's as far as he and his traveling companions would get in their south-east journey.

"In Warsaw, the Nazis took us as prisoners."

In the German prison camp, Tadek found his brother, Edward who was also in the Polish army, and a friend. After about a month in the camp, the trio hatched a plan for freedom.

"We escaped and headed for home."

Freedom, however, would be short-lived. The Russians had invaded Poland from the east. Before the three traveling companions could get home, they were caught by Russian troops.

I remember stories my Polish parents would tell us about the occupation of their homeland during the Second World War. As horrible as the Nazis were, many Poles would actually flee from Eastern Poland to Nazi-occupied areas further west because they feared the Russians more.

See BY GEORGE | Page 23



GEORGE DUMA inPort News Photo

A strikingly handsome man in his early 20s during the Second World War, Tadek (Ted) Majkut still is today at 93.

See Inside: **PUPU'S INSERTS**
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upfront

■ **ROYAL CANADIAN LEGION:** The little red plastic flowers are back and our local branch aims to sell 40,000 to help local veterans

Volunteers needed to help poppy campaign flourish

ALLAN BENNER
InPort News Staff

PORT COLBORNE — The money goes a long way in the community.

The \$20,000 to \$30,000 that Royal Canadian Legion Branch 56 raises every fall through its poppy campaign is used to make a difference in the lives of local veterans and widows of veterans.

In past years, legion president Brent Borland said the money was been used for adding wheelchair ramps to the homes of veterans, renting mobility equipment — anything needed that isn't funded by Veterans Affairs or through other programs for seniors. They've even fixed fences, and furnaces and re-roofed the homes of veterans who couldn't afford to get the work done themselves.

Once again, the legion's members are bringing the little red plastic flowers back



ALLAN BENNER Staff Photo

From left, Royal Canadian Legion Branch 56 poppy campaign chair Jessie Thompson, vice president Faw Williams, and president Brent Borland, visited Mayor Vance Badawey yesterday morning to launch the legion's poppy campaign, with the hope of raising up to \$30,000 to help veterans in the community.

to the community, in the hope of raising the funds they need to allow them to continue their work.

"That work, Borland added, is "one of the main roles of the legion. The first role is to support veterans and their widows, and the second role is to ... educate people about what people have done for their freedom today."

The legion's poppy campaign chair Jessie Thompson ordered 20,000 poppies to add to the 20,000 the Legion already has in stock, and she expects to give them all away with the help of "quite a few" of the legion members.

But they need more.

One challenge the legion is facing is a lack of people canvassing the community, Borland said.

"We don't get as many people as we would like because a lot of our veterans are getting a little older," he said.

"But we do get a lot of community support."

He said many local businesses have agreed to allow the Legion to place boxes of poppies on their counter, and allow people to leave a donation in exchange for the little red plastic flowers.

While the veterans are "getting too old" to walk through the community, Thompson said younger members just don't have the time to spend selling poppies.

And she said the Legion could use all the help it can get.

Thompson has already contacted local schools, since students can earn community service hours by helping out with the poppy campaign, but so far, she said there have been few people taking the Legion up on the offer.

Those interested in helping are asked to call 905-834-9512, or via e-mail to portbranch56@hotmail.com.

■ **DEVELOPMENT:** Company hired to fundraise \$3 million for planned facility

Council spends money to make money for sports complex

MARK TAYT
InPort News Staff

PORT COLBORNE — Council decided to leave fundraising to the professionals during its last meeting, when it hired Performance Sponsorship Group to find another \$3 million for the new sports complex.

The company will charge the city \$35,000 for Phase 1 of its contract, which deals with asset audit, valuations, packaging and prospecting.

Performance Sponsorship Group will charge another \$45,000 for sales marketing over a six-month period — \$7,500 per

month — plus \$5,500 for expenses.

The group will work on a commission of 20%, but upon reaching 50% of the sponsorship target, Performance Sponsorship Group has agreed to donate the full \$85,500 fee back to the project.

Ward 3 Coun. Gary Bruno said the 20% commission might seem like a lot of money, but it was the best proposal of the three request for proposals reviewed by council's funding/revenue subcommittee.

"On balance, this was the best proposal," Bruno, who is chair of the subcommittee, said. His comments followed council's decision to hire the company.

"Our goal is to fundraise \$3 million and if

we get the \$3 million, we'll be happy."

Bruno said there is "a lot of competition for dollars" when it comes to trying to raise money in the community.

"This company brings a lot of expertise to the table," he said.

The group will try to find corporate sponsors willing to put up money for "naming rights" or the exclusive right to sell their product in the completed building.

They will also be looking for companies that are in a position to make cash or in-kind donations. Individual donations given to the project by residents will not be part of the \$3 million that Performance Spon-

sorship Group has agreed to raise.

"We think the \$3 million is achievable," Bruno said.

Council recently learned the estimated cost of building the health and wellness centre/ sports complex has risen from between \$21-\$24 million to almost \$35 million.

The city is currently in the process of trying to appeal to upper levels of government for another \$6 million in grants. Council has committed \$3 million in hydro lease revenues to leverage that money.

Port Colborne has already received \$17 million in grants to build the sport complex.

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portraits

Fall fare at Friday farmer's market

With the fall season in full swing, the colourful fall harvest was up for grabs at the Port Colborne Farmers Market on Friday. Fall flavours and colours such as flowers, gourds, fresh apples and cider were on sale.

—Allan Benner, Staff Photos



Mary Hilbing wore a dried gourd as a hat, selling pumpkins and other seasonal vegetables from Hilbing's Pumpkin Patch.



Martha Klimek from Martha's Silk Flowers brought out the fall colours Friday during the Port Colborne Market.



Klaas Bokma, The Flowerman, returned with his fresh cut blooms.

INPORT NEWS

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Ken Koyama, publisher, general manager

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ourview

Flu vaccination vital in a world that's never stop

If there is something positive to be extracted from the tragic deaths of Ontario children who have died of the H1N1 flu vaccination, perhaps it is to bring some clarity to the recent debate.

In what can only be described as a communications disaster, Canadians everywhere have received or perceived mixed messages about the flu vaccinations and have been unsure of what to do.

Finally, the utter confusion about the safety, effectiveness and availability of vaccines looks to be giving way to long lineups for it instead.

It's a hopeful sign, but the debate and the confusion, unfortunately, will no doubt continue in a wired world where everyone is increasingly an "expert."

The fact is, however, vaccinations have saved millions of lives and controlled infectious diseases for centuries. The risks are tiny, especially compared to the vast benefits. Most real experts highly recommend them, saying there is no reason to challenge the safety or the need for the H1N1 vaccine.

Many people will still die, unfortunately, from H1N1. But the bigger problem may be this particular strain of flu's aggressive nature and unpredictability.

That's why pandemic has become such a big part of the lexicon recently.

You may contract H1N1, get sick, recover and return to normal without ever knowing you have it—but then again, you may become very sick.

In either event, you will do your admittedly unwilling part to spread the disease at home, at work, at school or in the local coffee shop.

Our families, our communities, our country can ill afford to have more than a third of the population sick in bed. That's why, despite the long lines, we should immunize ourselves when and where we can.

We can't completely change our lifestyles, or realistically cancel hockey games or Halloween, shut the windows and lock the doors or even close the schools.

We can't simply turn into hermits to avoid a pandemic that might reach us anyway.

And we can't simply stick our heads in the sand and pretend it will go away.

But we can take the advice of our family doctors, whom we trust in most other medical matters.

PAUL BERTON, Sun Media

SCHOOL CONTEST: Mayor selects the cream of the pumpkin crop



ALLAN BENNER Staff Photo

Port Colborne Mayor Vance Badawey had some tough choices to make last Friday selecting the best carved pumpkins by students at Oakwood School. Cash prizes donated by market vendors went to the winning entries.

readers' views Stellar supporters

A stellar and spectacular thank you to all those who supported the recent evening celebrating the International Year of Astronomy at the Port Colborne Historical and Marine Museum.

We were privileged to have "Galileo" himself as an honoured guest and presenter. Among those who attended, their ages ranged from four to 96 years of age, showing one is never too young or old to learn something new.

We were also privileged to have members of the Niagara Centre of the Royal Astronomical Society who presented many topics about the universe and informed us how some of the constellations have special significance at this "spooky" time of year.

Many thanks to the following sponsors of the evening for their enthusiasm and generosity: Helen Ott, Minor Fisheries, Lester Shoalts, Catharine Wylie, Super Service, Gary Hoyle, Bon Ton Hairstyling, Ricci Auto, David Pettigill, Patricia Thomas, Mary Lampman; McAvoy, Belan & Campbell; Bonnie Johnston, Maria van Dillen, Virginia and Don Angus, Ruth Henry, Sheik Lumber, George Sanders, Barry & Donna Millar, Thurston Machine, Douglas and Beverly Hildebrand, Robert Neil, Smith Optical, Louise Lowes, Dr. Michelle Mercer, and Nick's Cleaners and Tailors.

—Michelle Mason, education programmer and Glenn Walker, heritage research technician, Port Colborne Historical and Marine Museum

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I'VE BEEN THINKING

Who is really No. 1?

GORD ABRAHAM
Port Colborne Baptist

Sorry to break the news to you, in spite of all you hear and see on our media, you and I are not No. 1.

The good news is that it is not all about you. You've been indoctrinated with that theme from the day you were born, and even today you and I have this same message come through our minds many times and in many ways.

The real truth is, it is all about God. He is No. 1.

Watching the sad and ongoing spectacle of John and Kate minus the eight reminds us what happens when even those who have some kind of faith profession, get their priorities messed up and put themselves into the "numero uno" spot. Putting self first and me before God and others will distort any one's reality and turn even a loving relationship into a spectacle.

While listening to a radio program one day, I heard those in discussion say, "you can make the best of what you want and soon you will have it." Another statement in the conversation went this way, "fewer and fewer goals are becoming unattainable."

These seem to raise the self to the god podium and gives us the false hope that anything can be done because we will it to be done. This could seem to give us a sense of exhilaration but then reality hits and we realize that we are at best mortal with limitations, weakness and depression. Sorry to burst the self-as-god bubble.

When we accept and live out the reality that it is all about God and others, then there are amazing changes that take place in our lives. It's no longer "my rights, my way, my opinion only, my future, my pleasure, my happiness." It becomes God first, others next, and the fruit of these choices and actions is that I receive all I need.

In the Gospels, Jesus told us, "You must love me Lord your God with all your heart, all your soul and all your mind. This is the first and greatest commandment. A second is equally important: love your neighbour as yourself."

Funny how we think that if we can get all we want for self and put ourselves first, that we will find happiness. It's just the opposite. Look at those two fighting parents, Jon and Kate as examples. They have jettisoned anything that looks like what Jesus has said and they have gone on a "me first" binge that is being used by the media to churn out mountains of dollars but very little peace.

See I'VE BEEN THINKING | Page 5

localbrief

COUNCILLOR SEEKS INFO

PORT COLBORNE — Ward 2 Coun. Frank DiBartolomeo is losing patience in his bid to get information at city hall.

"I don't understand why it is so difficult to receive information from staff," DiBartolomeo said at the Oct. 26 meeting, after waiting two weeks for a copy of the hydro agreement the city currently holds with Canadian Niagara Power. "Does one need to file a Freedom of Information (request)?" DiBartolomeo asked during the Councillors Concerns portion of the meeting. "I certainly hope not, especially as a councillor." City manager Bob Heil said there is "absolutely no reason for the delay" in getting the information. "There is no intent to withhold any information for any reason."

Clerk Janet Beckett said the request is on her radar screen.

"I'm not sure what you are looking for," Beckett said, adding that the information DiBartolomeo is seeking could come from different sources. "It's a search mission and we will have to pull it together," she said.

"I realize it may take some time," DiBartolomeo conceded. "It's been two weeks."

—InPort News Staff

LOCAL STUDENTS DANCE FOR A CAUSE



ALLAN BENNER Staff Photo

Students from Dewitt Carter School spent Friday dancing, dressed in Halloween costumes, raising money to build a new playground at the school. Rachel Roy, 13, who helped organize the event, stands with Kyle Rickde, 6, who single-handedly brought in \$102 for the cause.

I'VE BEEN THINKING

What Jon and Kate teaches us FROM PAGE 4

They are miserable because neither will give in to God nor to the other.

Here is what the Apostle Paul said: "If you will confess with your mouth that Jesus is Lord, and believe in your heart that God has raised him from the dead, you will be saved."

Saved from what? First of all, from yourself, from your independence from God, and from the illusion that I have to be and can be No. 1. That, my friend, is called sin. Jesus has come, died to take our sin and punishment, and freed us to serve him first and others as well. Put God back where he belongs as creator, king and redeemer of your life.

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DR. KATE RHEAUME-BLUE, B.Sc.

Naturopathic Doctor



Natural Focus

Is your immune system up to the challenge?

Every hour of every day great battles go on right inside your body. Pathogenic disease producers like viruses and bacteria are everywhere — in the air we breathe and the food and water we consume. Yet most of the time, we remain well in face of these challenges to our health. The immune system is perhaps the most important body system when it comes to maintaining good health. When it is functioning properly, it protects the body against invading pathogens. If the immune system weakens, its ability to defend the body also weakens, allowing microbes such as viruses, to grow and flourish in the body.

What is the flu?

During a viral infection the immune system kills and discards millions of infected cells. In the process, millions of the immune system's white blood cells also die. These cells must be quickly replaced, which can strain the immune system and make us vulnerable to illnesses. As your immune system fights these invaders, you can feel quite terrible, experiencing pain, fever, swelling, fatigue and general malaise. Fortunately, a healthy diet, and lifestyle, in addition to immune-enhancing natural supplements, can go a long way in helping you defend against any viral attack.

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Anti-Viral from Natural Factors has been designed using the best information from leading scientific research on medicinal herbs as well as those herbs that have proven track records for effectiveness and safety. It is helpful for acute viral attacks as well as long-term immune support. Although the herbs in this formula can be taken separately, the synergistic combination of ECHINAMIDE™, astragalus, lion's mane, reishi and licorice is effective against a wide range of viral conditions, from colds and flus to aryanitis and tonsillitis. It is also a great supportive therapy for anyone receiving flu shots, or being treated for herpes or yeast infections. ECHINAMIDE is the only full spectrum herbal extract containing standardized levels of Echinacea purpurea's three key actives in a base of the whole herb, so that none of the minor actives are missing. ECHINAMIDE has been clinically proven in two randomized, double-blind, placebo-controlled studies to reduce the severity and duration of colds and viral infections.

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PORT COLBORNE
FINANCIAL STATEMENTS
FOR THE YEAR ENDED DECEMBER 31, 2008

Under the provisions of the Municipal Act, 2001, S.O. 2001, as amended, being section 295, the municipality is required to make available at no cost to any taxpayer or resident, a copy of the audited financial statements for the year ended December 31, 2008.

This financial information is posted on the website of the City of Port Colborne at www.portcolborne.ca.

Hard copies of this financial information can be obtained at City Hall or can be reviewed at the Port Colborne Public Library.

Peter M. Senese
Director of Community and
Corporate Services/City Treasurer

■ MILESTONE: Local church celebrates 165 years



JOE CSEH InPort News Photo

Bill and Leah Jinks look at photos of church memories, including pictures of the 1954 choir reunion that took place in 2007. The exhibit was part of Winger Church's 165th anniversary held Oct. 25.

Royal Canadian Legion Branch 56
Branch 56 Branch 56
LEGION 67 Clarence St.

Poppy Fund Campaign Financial Report
October 1, 2008 to September 30, 2009

BALANCE FROM 2008	\$5,998.08
INCOME FROM CAMPAIGN	\$16,049.83
TOTAL	\$22,047.91
EXPENSES	\$7,979.64
GRANTS TO EX SERVICE AND	
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DONATIONS	\$3,000.00
TOTAL EXPENSES	\$13,784.93
BALANCE IN POPPY FUND	\$5,998.08

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■ **THEATRE:** Red, Hot and Cole to open in February

MAGGIE RIOPELLE Staff Photo

The Port Colborne Operatic Society is gearing up for its production of *Red Hot and Cole* which opens Feb. 19. The performance celebrates Cole Porter, the great American songwriter who brought style, elegance and sophistication to the stages of Broadway and Hollywood.

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DONNIE EDWARDS
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What is hormone imbalance?

Hormone imbalance can lead to symptoms such as mood swings, lowered sex drive and hot flashes. The hormones that are commonly affected include estrogen, progesterone, testosterone, cortisol and DHEA.

Having too little estrogen can be associated with hot flashes but so can supplementing with too much estrogen! Maintaining the right amount of estrogen is at least one factor in controlling hot flashes.

Progesterone is needed to balance the affects of estrogens and prevents estrogen dominance. Progesterone may help patients with sleep disturbance due to hormone imbalances.

Testosterone helps maintain muscle mass and bone, improves sense of well being and sex drive.

After menopause, estrogen and testosterone are, made primarily from DHEA released by the adrenal glands. High levels of the stress hormone cortisol, can cause unstable blood sugars and increase sugar cravings leading to weight gain.

Interactions and balance between these hormones are fundamental to health. Hormone imbalances may negatively impact health and bio-identical hormone replacement therapy may be beneficial for many patients. Bio-identical hormone replacement therapy (BHRT) uses hormones identical to those produced naturally by the body and has been prescribed for over fifteen years, these prescriptions are often compounded into topical creams applied to the skin. Our pharmacists are dedicated to helping you and your physician achieve the clinically useful solutions to your health concerns.

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In appreciation of those who served!

For those who lost their lives in France...

Thousands of Canadians are immortalized on war memorials across Europe, particularly in France. Learning the name and the raison d'être of a war memorial erected on French soil honours those who gave their lives for this country. Canada has built nine war memorials in France:

Beaumont-Hamel honours the heroic fight of the Royal Newfoundland Regiment at the battle of the Somme on July 1, 1916. Bourlon Wood commemorates the crossing of the Canal du Nord, the taking of Bourlon Wood and the breaching of the last of the Hindenburg Line defences on September 27, 1918. Courcellette remembers the role of the Canadian Corps in pushing back German troops at the battle of the Somme in September and November, 1916.

Dury honours the taking of the Drocourt-Quéant railway junction and the breaching of the Hindenburg Line on September 2, 1918 during the second battle of Arras. Gueudecourt commemorates Newfoundland forces at the battle of the Somme on October 12, 1916. Le Quesnel commemorates the attack on August 8, 1918 by the 100,000-strong Canadian Corps, forcing the German army to retreat for a distance of eight miles. Masnières pays homage to the participation of Newfoundland forces at the Battle of Cambrai on November 20, 1917.

Monchy-le-Preux honours the role of Newfoundlanders at the Battle of Arras, April 14, 1917.

Vimy, the most famous memorial of all, commemorates the taking of Vimy Ridge by the Canadian Corps on April 9, 1917.

The many First World War memorials have added significance on November 11.



ROYAL CANADIAN LEGION BR.#56

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OFFICE OF THE MAYOR

On behalf of Members of City Council and all the Citizens of the City of Port Colborne, may I extend our most sincere thoughts and prayers to those who served and continue to serve our country in times of war and peacekeeping.

*Together, we remember.
Mayor Vance Badaway*



Ryan J. Torkos
Owner/Funeral Director

J. Joseph Peazel
Funeral Director

Gary Dixon
Funeral Director



*They shall not grow old, as we that are left grow old;
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■ FUNDRAISER SATURDAY NOV. 7: Event reaches out to young mom with rare form of cancer

Katherine's cause

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Although she has spent much of her recent life in Buffalo, N.Y., and Houston, Texas, Katherine VanPatten's heart still remains in Port Colborne.

The young mother is in the battle of her life against leiomyosarcoma, an extremely rare form of cancer.

VanPatten, nee Neumann, gave birth to her son Lawson in May 2007. One month later she began to feel pain on her right side and abdominal areas.

Doctors told her it was related to her recent pregnancy, however, being a nurse at Kenmore Mercy Hospital in Buffalo, N.Y., she knew something was wrong. Despite her requests, doctors refused to perform a CT scan.

"I'm a nurse and I walked myself down to the emergency room and begged them to do a cat scan. A large tumour showed up on the right side of my body."

In January 2008 the tumour was confirmed. She underwent surgery to remove it three weeks later. Three weeks after the surgery she was told she had Stage 3 leiomyosarcoma.

Odds of having this form of cancer: four in a million.

"There is no cure, only remission."

VanPatten underwent 28 radiation treatments and was told there was a 75% to 80% chance it would return.

She was in remission for one year and in July 2008 was going to M. D. Anderson Hospital, a special cancer hospital in Houston, Texas. Compared to the Roswell Park Cancer Institute Cancer Centre in Buffalo,

it sees 20 times more leiomyosarcoma cases and has specialty sarcoma oncologists on staff.

The flights to Texas are worth the time and money because the hospital equipment there is more sophisticated — and found a new tumour on her right lung and liver, something she said the Roswell Park Cancer Institute would not have been able to catch.

VanPatten has received treatments in Buffalo and travels to Houston every three weeks if she is healthy enough to undergo the procedures.

Last month she received positive news.

"They said the chemo is working, the lung lesion has almost disappeared and the liver lesion has shrunk by 75%."

Although the news is positive, she must continue to undergo strong chemotherapy treatments to ensure all the cancer cells are killed.

"It was really a miracle."

Through this ordeal, VanPatten was forced to take a leave of absence from her job. Her husband David's health insurance covers much of the treatment, but with a price tag of \$49,000 for her one-month stay in Texas, these treatments don't come cheap.

The VanPattens pay a portion of the treatments out of pocket, but other expenses such as blood thickening medication costs \$1,500 a dose and she requires two doses per treatment.

VanPatten's parents, her family and childhood friend Shawna Green are in the process of organizing Katherine's Cause. The stag-and-dee-style fundraiser will be held Saturday, Nov. 7, at Brebeuf Hall on 300 Killyall St.



Submitted Photo

Katherine VanPatten (Neumann) holds her son Lawson with her husband David. VanPatten grew up in Port Colborne and is now battling leiomyosarcoma, an extremely rare form of cancer which affects four in every million people. Her family and friends are organizing a fundraiser Saturday Nov. 7 at Brebeuf Hall with games, food and plenty of prizes, with music by Scott and Terry. Tickets are \$5.

It will feature games, food and plenty of prizes, with music by Scott and Terry. Tickets are \$5.

A silent auction table will include autographed hockey jerseys, a week at a condominium in North Carolina, a weekend in Ellipticville, N. Y., and a helicopter ride with dinner.

The prize table features golf passes, Buffalo Solvers and Bills tickets, a mountain bike and "a little bit of everything, including gift certificates from businesses and

baskets," Green said.

"Whatever we make is more than what she has. It will help cover her costs and transportation."

Organizers hope 300 to 350 people purchase tickets and take part in the fundraiser.

Tickets can be purchased at the door or donations can be made at any Meridian Credit Union, account No. 3815287.

Health and treatment permitting, VanPatten hopes to attend tomorrow's event.

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■ **HEALTH CARE:** Port Cares creates new wallet-sized emergency contact list

10,000 crisis cards to be distributed

InPort News Staff

PORT COLBORNE — During a late-night emergency or crisis, Port Colborne or Wainfleet residents may not know who to turn to or what agency to contact.

Port Cares, in partnership with Bridges Community Health Centre, has created a wallet-sized emergency phone number list.

About 10,000 of the cards will be distributed throughout the community. They replace blue cards that were created by Port Cares about four years ago and have been updated with new numbers.

The new cards include numbers for Niagara's distress centre, mental health contacts, children and youth services, shelter, food, meals, health and pregnancy information and other resources.

Some of the numbers provide 24-hour support, while others can connect people in need with essential resources.

The cards have been distributed to local high schools, and will be available through numerous community agencies, libraries and at Community Living Port Colborne-Wainfleet.

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Q. What is a soft liner?

The permanent soft liner is a layer of soft material that is fitted to the surface of your denture and rests next to the oral tissues. The soft liner acts as a cushion or shock absorber between the hard plastic of the denture and the gum area. The soft base will not halt the resorption of your gum, whose shape and thickness are constantly changing, and the reason for your denture getting looser, but it will ensure that your denture provides continued comfort as time goes by.

Q. What are the advantages of a soft liner?

To name just a few reasons: • Great comfort. • With soft liners, many denture wearers report that they can chew food more comfortable and effectively. • This will extend the health of your gum as well as ensure maximum adherence.

Q. Is a soft liner right for me?

Permanent soft liner provide comfort and relief for individuals with: • Severely receded or flat gums that do not tolerate the stress of dentures • Chronic soreness

Things to think about with soft liners...

Soft liners requires regular follow-up visits with a Denturist to examine the fit of dentures, the health of your oral tissue, and to ensure proper oral hygiene and cleaning of the soft tissue lining.

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DAN GRABOWSKI D.D.



KAESHA FORAND Staff Photo

Port Cares client services manager Judy Cassan displays a wallet-sized emergency phone number list that will be distributed throughout Port Colborne and Wainfleet. It provides residents with emergency phone numbers, including

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In 1991, after growing out of this location, Boggio's moved to a brand new store on 222 Catharine Street, across from the market square. The present location of Boggio Pharmacy at 200 Catharine opened in August of 2002. The new location has a larger Home Health Care, Vitamins, and Giftware sections as well a full service photo centre. And with a staff of 48, Boggio's is ready to provide you with the very best service.

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■ **THEATRE:** Report says staging has become 'unsafe'

City applies for grant to fund Roselawn Centre for the Arts reno

InPort News Staff

Council has recommended city staff apply for a \$65,000 community capacity grant to make significant improvements at Roselawn Centre for the Arts.

The grant, which is being administered by South Niagara Community Futures Development Corporation (SNCFCDC), would be drawn from a \$500,000 funding pool currently available for businesses, municipalities and nonprofit groups through the South Western Ontario Development Program.

The recommendation at this week's council meeting is to replace staging in the theatre that has become "unsafe," the report prepared by Roselawn manager Susan Patterson, said.

New staging and risers for all three sections of

the theatre will cost between \$47,000 and \$52,000. The grant would also include new draperies, estimated at \$5,000 and lighting dimmer strips at about \$8,000.

The South Western Ontario Development Program covers 100% of the funding cost.

The application for funding required the approval of council to meet an Oct. 30 deadline.

The report said the stage and risers and the lighting capacity at the Roselawn Theatre has been a concern of Showboat Theatre, Roselawn theatre's largest tenant, for the last few years.

"New staging and risers would alleviate the safety concerns and the new dimmer strips would provide (Showboat) with the ability to design and use more sophisticated lighting schemes for their productions," the report added.

■ **WORLD FOOD DAY:** Ontario Early Years Centre donates to Port Cares

Submitted Photo

Pictured left: World Food Day recently brought to light that 1.02 billion people around the world are malnourished. In honour of the day, parents and children at the Ontario Early Years Centre built a pyramid with cereal boxes and donated them to the Port Cares client services division.



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■ DONATION TO PORT CARES



Submitted Photo

Fortis Ontario Inc. donated \$16,500 to the Port Cares Reach Out Centre to purchase energy efficient appliances. Present at the ROC for the presentation were Glen King, vice president of finance and CFO for Fortis; Mary Anne Feagan, manager of the ROC; Steve Ujfalussy, director of the Port Colborne/Wainfleet Chamber of Commerce; mayor Vance Badawey; Sarah Eller, ROC site supervisor; and Kristine Carmichael, manager of customer service and corporate communications at FORTIS Ontario Inc.

■ PETS

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Sandie Bingley
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There are many reasons why you may feel it is time to get a new puppy.

Maybe you think your first dog is lonely when he is left at home alone.

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Or maybe your kids are old enough to want to work with a new dog and the older dog prefers to work with adults in the family.

It could be that you have moved to a new location and now have room for another dog. Or it may be that your lifestyle has changed, and you now have the funds and/or the time to spend with more than one dog.

Sadly, maybe your older dog is not in good health or is very old and nearing the end of his time with you. So a new puppy may ease the pain of saying goodbye to your old faithful friend.

If you haven't had a puppy in 10 to 15 years, then be prepared for a big surprise. You will have forgotten how lively and naughty a new puppy will be compared to your old "perfect dog."

Get some books on raising and training a new puppy. Plan on obedience classes to help you get started on control and routines.

Choose your new dog carefully after researching the breeds that you are interested in.

"If you haven't had a puppy in 10 to 15 years, then be prepared for a big surprise."

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■ SCHOOLS

Port High Blue Bears tackle the Eastdale Eagles

PAIGE THOMPSON
For InPort News

PORT COLBORNE — On Friday, Oct. 23, Port Colborne High School hosted its annual pep rally for the boys football team. On this day, PCHS Blue Bears played against Eastdale Eagles in the game of football.

Students were released from their afternoon classes to help get the boys charged up to help their game. After the team made a grand entrance, featuring the Blue Bear, a guest speaker took to the floor.

This year, Mayor Vance Badawey said a few inspiring words to let the school know that they had his support. The dance class performed a dance to Elvis' *A Little Less Conversation*, a *Little More Action*, to boost player confidence.

With the team leading, students barreled out of the building and on to the field. Even though the sun had not come out and the rain was still coming down, the school showed their spirit by attending and cheering on their Blue Bears.

It was game time.

The Eagle started with the kickoff and the Blue Bears caught the ball and changed forward. Casey Benson scored the first touchdown and No. 81 Alex MacKinnon helped bring the score to seven.

After, when the Blue Bears had the ball to start, the Eagles had not made for the best start with a fumble. After a close score, it was half time.

With the school cheering them on, they strategized a game plan and went back on the field for the second half. It was a rough game. Each team lost a player for a short time.

Now for the question, did PCHS pump up their boys enough or did Eastdale bring down the team?

They did — with a final score of 28-7.

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■ **FUNDRAISING:** Money raised by South Niagara charity helps thousands per year

United Way campaign slips behind

InPort News Staff

PORT COLBORNE — United Way of South Niagara was in council chambers last week to make yet another campaign appeal.

"There is no secret," UWSN executive director Peter Papp said. "We are behind. If we are behind, the people we help will be left behind."

Papp was accompanied to council chambers by 2009 campaign chair Paul Leon, Port Colborne UWSN cabinet chair Sandy White and Lynda Rheinhardt, executive director for Port Cares.

Papp said Port Cares received the second-largest allocation of all the member agencies that draw funding from the United Way.

Rheinhardt said the money received from the United Way of South Niagara helps thousands of people annually.

She said that in the past year, the Reach Out Centre has served 13,000 meals. Port Cares has

also answered more than 500 requests for emergency food, dealt with more than 500 housing issues and received more than 70 requests for utility payments. During the last six months, 1,300 people have been referred to Port Cares for assistance, she added.

Rheinhardt said many people in the community live on \$556 per month and programs like Share the Warmth, Knits for Kids, Adopt-A-Family at Christmas and other Port Cares services help immensely.

"We are here to appeal to you as leaders," Leon said, adding many of the seniors living in Port Colborne live in poverty.

Leon also said one out of seven children in Niagara lives in poverty and 42% of all social assistance is directed to children. This year, the United Way of South Niagara is hoping to raise \$1,038,000.

"I hope to stand here in two or three months and say we have reached our goal," Papp said.

RECIPE of the Week

Nov. 6th to Nov. 12th

Our Port Country Pantry's

Microwave Swedish Pot Roast

1. Calculate meat cooking time at 25-30 minutes per lb./500g. Pierce meat with a fork.
2. Place meat, onions, vinegar, corn syrup and seasonings in a 3 quart/2L casserole. Cover tightly.

Microwave at 50% (medium), for calculated time, or until meat is fork tender, turning roast once. To microwave at 30% (medium-low) increase cooking time to 40-50 minutes per lb./500g. Remove roast from casserole, cover loosely with foil. Let stand 10 minutes.

3. Slice from meat dripping; remove bay leaves. Blend water & flour together. Stir into drippings. Microwave at 100% (high) 3-4 minutes, stirring twice.
4. Stir in cream. Microwave at 50% (medium) 1-2 minutes. Serve sliced roast with gravy.

10% off our product ingredients
Bay Leaves • Sea Salt • Ground Black Pepper
Ground Allspice • All-Purpose Flour

1. 2-1/2 - 3-1/2 (1.1-1.5 kg.) sirloin tip roast
2. 2 onions, sliced
- 2 tbsp. cider vinegar
- 2 tbsp. dark corn syrup
- 2 bay leaves
- Salt & pepper to taste
- 1/2 tsp. ground allspice
- 3/4 cup cold water
- 1/4 cup all-purpose flour
- 1 cup (250ml) whipping cream

Ruth's Appointment Calendar

Used To Be The TV Guide



Now her calendar is full
Now that Ruth lives in a Chartwell residence, she's learned how to use the game system instead of the TV remote control and every day is filled with new friends and experiences.

WE ARE A PET FRIENDLY RETIREMENT RESIDENCE!



I was so thrilled to hear that Maggie can move in too!

It's a Buyer's Market...

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IMPORT-NEWS

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Now that Ruth lives in a Chartwell residence, she's learned how to use the game system instead of the TV remote control and every day is filled with new friends and experiences.

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along the lakeshore

Nov. 7: Forks Road East United Church is holding its annual poor man's supper at 5:30 p.m. followed by the auction at 6:30 p.m. Super tickets are \$5 for adults and \$2 for children under 10. To reserve tickets call 905-899-1089.

Christmas bazaar at St. John's Lutheran Church, 342 Hwy. 3 (at Silver Bay Rd.) from 10 a.m. to 2 p.m. Tea, sandwiches and baked goods at free will offering. Silent auction tables, treasured memory tables, craft tables, homemade pies, kitchen baked tarts and assorted breads. Proceeds will be matched by Faithlife Financial.

Nov. 14: Port Colborne Baptist Church, 84 Ridgewood Ave. is holding its annual luncheon and bazaar from 10 a.m. to 1 p.m. Adults \$5 per serving; children under 12, \$3. A bake table and Christmas shop will also be featured.

Nov. 26: The Port Colborne Horticultural Society will be holding its annual Christmas pot luck supper at 6:30 p.m. at the Seniors Centre on

Fielden Ave. You are asked to bring a hot/cold dish along with dinnerware and cutlery. The special speaker for the evening is Renita from Floral Expressions in Thornhill who will demonstrate Christmas arrangements. The society will be collecting for Santa's helpers. Please donate an unwrapped toy or cash.

Dec. 12: The Wainfleet creative crafters are holding a craft and bake sale in the Moore Room at the Wainfleet Arena on Friday from 5 to 9 p.m., Saturday Dec. 12 and 13 from 9 a.m. to 5 p.m. For more information or if you are interested in joining the show, contact Holly Smith at 905-835-6843.

Jan. 21: The Port Colborne Horticultural Society will be holding its monthly meeting at the Senior's Centre. Just in time to bring some sunshine and warmth into the cold winter, is our guest special Von Doucet who will speaking about orchids. Light refreshments will be available and remember, bring a friend.

Ongoing

• Tuesdays at St. Peter's Lutheran Church, 200 Erie St., the Port Colborne Air Cadets will be accepting new registrations during their training

nights from 6:45 to 9 p.m. The cadets are available for boys and girls between the ages of 12 to 18. For more information, contact John Derouette at 905-227-7609 and visit www.cadets.ca.

• **Crafters Wanted** for the annual craft sale at Friends Over 55, on Saturday, Nov. 14 from 9 a.m. to 1 p.m. Cost is \$10 per table call the centre at 905-835-1731, or stop by 554 Fielden Ave.

Port Colborne Public Library activities

• **Tai Chi** can improve your health, well-being, balance and breathing. Mondays 6:30 to 8 p.m. at the library. Call 905-231-9536.

• **Cocoa Craft Club.** For ages eight to 13 on

Wednesdays, Nov. 18 and Dec. 2. Stories, activities, games, crafts and a mug of cocoa. Cost is \$2. Pre-register at the library.

Ontario Early Years (92 Charlotte St.)

• **Interactive play sessions, mornings:** Monday to Friday from 9 a.m. to noon and afternoons: Monday to Thursday from 1 to 4 p.m. For children ages newborn to six years and parent/caregiver.

• **Infant Massage Program** on Monday, Nov. 9. Pre-registration is required. This program is for infants, not yet moving independently, and their parent/caregiver. These afternoon sessions are offered from 1:30 to 3:30 p.m.



SPOTLIGHT on service

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INPORT NEWS

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As a Family Home Provider you will receive case management support, training opportunities, and compensation.

Community Living Port Colborne/Wainfleet currently recruiting for families living in the Port Colborne area who are interested in providing this type of support to individuals on a short term and long term basis.

For more information about this program please call Julie Holmes at (905) 835-8841 extension 123.

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General Employment

A800

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CLARENCE ST (209-467) STEELE ST (190-272) ROUTE 325, 16 Tribune subscribers and 2 to collect. Approx \$26.00 bi-weekly. Call Charnette at 905-732-2414 Ext 272.
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General Employment

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Port Cares is seeking a Literacy and Basic Skills Instructor.

♦ The successful candidate will bring demonstrated experience in assessment, planning, instructing, and evaluating literacy, numeracy, workplace and life management skills to transition multi-level adult learners to independence and employment goals.
 ♦ The successful candidate will have a University degree or college diploma in a related field. An Adult Education Certificate is an asset.
 ♦ Minimum 2 years computer applications, literacy and basic skills and essential skills experience.

This is a 30 hours week / contract position ending June 16, 2010.

A full job description is posted on the website at www.portcares.on.ca.

All interested applicants, please send cover letter and resume to The Learning Centre Manager by 4:00 p.m. Wednesday November 4, 2009 or E-mail: carecassistant@portcares.on.ca

Only those selected for interviews will be contacted, thank you in advance for your interest to all who apply.

Apartment/ East A816

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10,000 SQ FT industrial/commercial building in Welland, 900 sq ft warehouse plus 1000 sq ft office space. Loading docks, lots of secured parking/outside storage. 905-321-8888. (11/06/09)

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Condos & Townhouses A830

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■ BY GEORGE

Following one man's journey through the Second World War

FROM PAGE 1

Tadek, his brother and their friend were marched by the Russian troops and put on the end of a long line of hundreds of Polish soldiers. Initially, the three of them thought they were all being marched back home. That notion changed quickly as they passed the home of one Polish soldier — as he moved toward his home, the Russian guards forbade him from going to his family or talking to them.

As they continued their march, the Majkut brothers and their friend realized to their horror just how ruthless their captors were. The Russian guards planned their bayonets into Polish soldiers who were wounded, sick or simply could not walk any further. Those poor souls were left in the ditches at the side of the road.

Tadek, Edward and their friend eventually managed to escape from the march on the premise of having to go into the woods to relieve themselves. With hundreds of soldiers to keep an eye on, the Russian guards were vulnerable to escapes.

The three of them took four weeks to get back to their home in Granatow, Wloyn. They walked only at night in the dark. They sustained themselves by begging from farmers, eating raw potatoes or whatever they could find.

About a month after getting home, the Russians came — again.

"They took our whole town prisoner and were sent to Siberia," Tadek says. Siberia was sheer cold hell. After a month-long journey in closed railroad cars, more than 50 families were forced to share each of the large wooden buildings in the internment camps. The buildings had no floors so a family's bed was actually a piece of ground. They would dig into it and fill it with straw.

Men and women, old and young, were forced to work in the surrounding forest, wearing rags on their feet and bodies, from morning until night in -60-degree C weather.

After surviving Siberia for two-and-a-half years, Tadek and all the other Poles there were told the Russians had changed sides. They were no longer aligned with the Germans, but rather, the Allies. The young Polish soldiers like Tadek were told their families would be released and sent to South Africa if they went back into the Polish army.

After a 1,600-km journey of incredible hardship, Tadek and other young soldiers managed to arrive at the destination that would put them back into the Polish Army, Palestine. They had survived. Others in his course were not so fortunate. During the course of the war, Tadek's mother, father and sister-in-law died of starvation, as did a four-year-old niece. Two other brothers, Josef and Waladek, joined the

army attached to the Russian forces. Both were later killed in action.

Tadek spent the rest of the war in Palestine, Persia, Egypt, Iraq, Iran and Italy, fighting at the famed Battle of Monte Cassino. He was in Italy when the war ended.

He later settled in England. In May, 1947, Tadek met Daisy Kirkwood. They married the following March and left for Canada in early 1951, arriving in late January. The rest, as they say, is history.

I first met Tadek in the 1990s and then we lost touch with one another for a number of years before reconnecting recently. Life sometimes gets in the way. Back then, as we talked, I was amazed at how his journey through the Second World War mirrored that of my father's. It was almost as if, at times, they were walking side by side.

They weren't, of course. Thousands of young Polish soldiers followed a similar path to that of Tadek's and my father's. My father and my mother were both Polish and they reconnected in England after the war. They would have a daughter born to them, before following a similar path to Tadek's and Daisy's, getting on a ship, leaving everything behind, and travelling to a foreign land. Only instead of coming to Niagara as Tadek and Daisy did to stay with brother Edward and his wife Helena and their two children on their



Submitted Photo
Tadek (Ted) Majkut
during the Second
World War.

farm in Port Colborne,
my parents stayed in
Toronto, where they

had friends.

The human spirit is, indeed, an incredible thing.

There is an old saying that has always been constantly right there in my brain — whatever doesn't kill you makes you stronger. People like Tadek Majkut, his brother Edward, my mother Stefania and my father Kazimierz are — or were — living proof.

These days, Tadek and I are able to converse in Polish and recall all that we consider important from days gone by. I am cherishing those moments. He is a very special man, class and dignity personified. Just like my dad.

Let's we forget, indeed.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and suggestions and can be reached at gduma@cgcc.ca.

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KASIEHA FORAND Staff Photo

St. John Bosco Elementary School student Ashton Baer displays his winning colouring contest photo with Sparky. Baer recently won gifts and his class a pizza party by entering the colouring contest held by the Port Colborne fire department.

at the wainfleet library

WAINFLEET – To book an appointment or to register for an event, call 905-899-1277.

Ongoing: Computer workshops and one-on-one training are available a Mondays, Wednesdays and Fridays.

Nov. 12, 19, 26 and Dec. 3: Preschool story time for ages two to five. A six-week program of stories, songs, activities and crafts runs Thursdays from 10 to 10:45 a.m. Call to register. Each child must be accompanied by parent/caregiver.

Nov. 12: Philosopher's Café at 6:30 p.m. Refreshments and lively discussion. This month's topic of discussion is Greening the World. All welcome.

Nov. 13: PA Day program, Mat Science: Let it Snow! Show at the Wainfleet Firefighters' Memorial Community Hall from 11 a.m. to noon. Get ready for the holidays with the coldest snow around. Bubbling, boiling, foaming, smoking, dry ice potions. Make snowflake slime to take home. Free program for children age five to 11. Call to pre-register as space is limited.

Nov. 16: Bella's birthday art from 6 to 7 p.m. Celebrate the movie release of *New Moon*. Make your own Twilight party favours. Ages 12 and older. Call to pre-register by Nov. 12.

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